

# **An Exploratory study of Health Awareness among Secondary School Students**

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## **Abstract**

Students knowledge about management of commonly occurring injuries and illnesses particularly in rural areas has been documented to be fragmented disintegrated and non-sequential. Various wrong practices and myths associated with illnesses and injuries have also been reported among students. Students are usually found to be enthusiastic for any training program organized for them in first aid and basic life support system. In view of this the present study was conducted to ascertain the awareness of high school students about management of common illnesses and injuries; estimate the prevalent wrong practices and beliefs about illness and injuries; and to assess their knowledge about basic reproductive and child health.

**Key words :Exploratory, Health Awareness, Granted, Non-granted etc...**

## **INTRODUCTION**

Schools play a critical role in helping students establish lifelong healthy behaviours. Recognizing the importance of this, school based health promotion activities have been incorporated as a part of the Health and Wellness component of the Ayushman Bharat Programme. School Health & Wellness Programme (launched in Feb 2020) is being implemented in government and government aided schools in districts (including aspirational districts). Two teachers, preferably one male and one female, in every school, designated as “Health and Wellness Ambassadors” shall be trained to transact with school children, health promotion and disease prevention information on 11 thematic areas in the form of interesting joyful interactive activities for one hour every week.

## **OBJECTIVES**

1. To study the health awareness of boys students of Secondary school Gujarati medium and English medium.
2. To study the health awareness of girls students of Secondary school Gujarati medium and English medium.
3. To study the health awareness of boys students of Secondary school granted and non- granted schools.

4. To study the health awareness of girls students of Secondary school granted and non- granted schools.

### **HYPOTHESIS**

1. There will be no significant difference between mean score of boys students of Secondary Gujarati and English medium.
2. There will be no significant difference between mean score of girls students of Secondary Gujarati and English medium.
3. There will be no significant difference between mean score of boys students of Secondary granted and non- granted schools.
4. There will be no significant difference between mean score of girls students of Secondary granted and non-granted schools.

### **METHODOLOGY**

Survey method was used to study the health awareness of students

### **VARIABLES**

1. Gender :- Boys and Girls
2. School types :- Granted and Non-Granted
3. Medium :- Gujarati and English

### **PARTICIPANTS**

Secondary school students were randomly selected from Bharuch district took part in this study.

### **RESULTS**

The results obtained from the analysis are presented in following tables. Tables showing mean, S.D. and ‘t’ scores of attitude towards their health awareness.

### **TABLE-1**

Significant difference of mean score of Gujarati medium and English medium boys students ‘t’ test table.

Group	Numbers	Mean	S.D.	‘t’ test
Gujarati medium Boys	101	52.50	14.7	1.39
English medium Boys	63	55.48	13.01	

Above table reveals that ‘t’ test value of Gujarati medium and English medium boys health awareness. Significant at 0.01 level.

**TABLE-2**

Significant difference of mean score of Gujarati medium and English medium girls students 't' test table.

Group	Numbers	Mean	S.D.	't' test
Gujarati medium girls	130	57.15	10.20	1.88
English medium girls	50	53.58	10.99	

Above table reveals that 't' test value of Gujarati medium and English medium girls health awareness significant at 0.01 level.

**TABLE-3**

Significant difference of mean score of granted and non-granted school boys students 't' test table.

Group	Numbers	Mean	S.D.	't' test
Granted school boys	66	54.38	13.46	1.28
Non-granted school boys	96	56.56	12.63	

Above table reveals that 't' test value of granted and non-granted school boys health awareness. significant at 0.01 level.

**TABLE-4**

Significant difference of mean score of granted and non-granted school girls students 't' test table.

Group	Numbers	Mean	S.D.	't' test
Granted school girls	79	56.22	9.24	0.421
Non- granted school girls	99	55.47	12.94	

Above table reveals that 't' test value of granted and non-granted girls health awareness. Significant at 0.01 level

### **Conclusion**

There is no significant difference between Gujarati medium and English medium boys health awareness.

There is no significant difference between Gujarati medium and English medium girls health awareness.

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